

**I'm controlling
my diabetes
so I'll be
around for my
grandchildren.**



**Controlling diabetes
makes a huge difference.**

I know I'm controlling my diabetes because I keep track of my blood sugar numbers. I watch what I eat, make time for regular physical activity, and take my medicine as prescribed.

With my diabetes under control, I feel a lot better and have more energy. Best of all, I'm going to be around for my family... for my friends... for life.

**Control your
diabetes.
For Life.**

Call 1-800-438-5383 to learn more.
Or visit us at <http://ndep.nih.gov>.



A joint program of the National Institutes of Health and the Centers for Disease Control and Prevention.

A PUBLIC SERVICE OF THIS PUBLICATION

2 1/16"x10"

**I'm controlling my diabetes so
I'll be around for my grandchildren.**



**Controlling diabetes
makes a huge difference.**

I know I'm controlling my diabetes because I keep track of my blood sugar numbers. I manage my diabetes by watching what I eat, making time for regular physical activity, and taking my medicine as prescribed.

With my diabetes under control, I feel a lot better and have more energy. Best of all, I'm going to be around for my family... for my friends... for life.

**Control your
diabetes.
For Life.**

Call 1-800-438-5383 to learn more.
Or visit us at <http://ndep.nih.gov>.



A joint program of the National Institutes of Health and the Centers for Disease Control and Prevention.

A PUBLIC SERVICE OF THIS PUBLICATION

4.5"x5.25"

Controlling diabetes makes a huge difference.



**I'm controlling my diabetes so I'll be around
for my family... for my friends... for life.**

Control your diabetes. For life.

For more information, please call
1-800-438-5383. Or visit us at
<http://ndep.nih.gov>.

A joint program of the National Institutes of Health
and the Centers for Disease Control and Prevention.



A PUBLIC SERVICE OF THIS PUBLICATION

4.5"x2"

**Controlling
diabetes makes a
huge difference.**



**I'm controlling my diabetes so
I'll be around for my family...
for my friends... for life.
Control your diabetes. For life.
For more information, please
call 1-800-438-5383. Or visit
us at <http://ndep.nih.gov>.**



A joint program of the National Institutes of Health and the Centers for Disease Control and Prevention.

A PUBLIC SERVICE OF THIS PUBLICATION

2 1/16"x5 1/4"

National Diabetes Education Program: "Control Your Diabetes. For Life." Newspaper Ads (65 line screen).
This artwork is camera-ready and may be reprinted and disseminated without permission.

I'm controlling my diabetes so I'll be around for my grandchildren.

Controlling diabetes makes a huge difference.



I know I'm controlling my diabetes because I keep track of my blood sugar numbers. I manage my diabetes by watching what I eat, making time for regular physical activity, and taking my medicine as prescribed.

With my diabetes under control, I feel a lot better and have more energy. Best of all, I'm going to be around for my family... for my friends... for life.

Call 1-800-438-5383 to learn more.
Or visit us at our website: <http://ndep.nih.gov>.



A joint program
of the National
Institutes of
Health and the
Centers for
Disease Control
and Prevention.

**Control your
diabetes.**
For Life.

A PUBLIC SERVICE OF THIS PUBLICATION